

# Looking for a free prenatal class?

Everything you need to know before and after baby arrives



## What's included?

- Labour and Birth
- Comfort Measures
- Medical Procedures
- Newborns
- After Baby is Born
- Breastfeeding and More

We've got you covered  
with FREE in-person and online classes

Check out

[www.smdhu.org/prenatalclass](http://www.smdhu.org/prenatalclass)



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muskoka**  
DISTRICT HEALTH UNIT

705-721-7520 or 1-877-721-7520  
Monday to Friday, 8:30 a.m. - 4:30 p.m.  
[www.smdhu.org](http://www.smdhu.org)

